

## ABSTRACT OF THE DISCLOSURE

A fluid intake tracking apparatus that is configured to reversibly couple with a water bottle, mug or other fluid container to keep track of the number of bottles that are consumed by the user during a selected period of time. In one embodiment, the indicator is an electronic device with a display, timer and alarm and powered by a solar cell. In another embodiment, the indicator is permanently mounted to a cup and includes a slidable post within a longitudinal slot and a parallel scale of numbers indicating the intake events.